Heat will stop trains Jamie First

Train users might have to find an alternate route tomorrow and Friday.

Metro has had to cancel some services due to the anticipated high temperatures.

Delays are also expected.

A statement released on their website said safety was the main priority.

"We have planned this in advance as a safety precaution ... The tracks can expand in high heat and we need to run trains at slower speeds," it read.

"Once we have made these planned cancellations, it's not possible just to reverse the decision if temperatures fall short of the forecast."

Those travelling on the Alamein, Craigieburn, Frankston, Glen Waverley, South Morang/Hurstbridge, Belgrave/Lilydale and Pakenham/Cranbourne lines will be affected.

For more information, visit metrotrains.com.au